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Greetings.

Let me at this time give you direction for further uplifting of your Spirit Vision so you might better catch the Greater Vision of God. For to glimpse upon the face of God is to lift you up to Eternal Life.

This is an outline for a special Meditation.

"The Master in the Heart"

Objective - "Let a man deliberately realize that he is a Son of God, returning to the Father; that he is God Himself, seeking to find the God-consciousness which is His; that he is a Creator seeking to create; that he is the loving aspect of Divinity seeking alignment with the Higher."

Stages I & II

Alignment and Identification with the Soul

1. Sit Comfortably in a meditation posture. The spine should be erect but the body should not be stiff.
2. The breathing should be rhythmic, regular, and from the area of the diaphragm. No shallow chest breathing. Remember to breath through the nostrils, not through the mouth. Keep the mouth closed, if possible, as well as the eyes.
3. Visualize the three vehicles of the lower man, physical, emotional and mental, as aligned and in rapport with the overshadowing soul.
 - a. Aligned with the Soul or Higher Self.
 - b. A channel for the expression of the Higher self on the physical plane.
4. Sound the Sacred Word three times - a round OM sounded audibly. This is to be sounded on a note which comes most readily to the student, sounding it in the top of the head, regarding the palate as a sounding board.

Three times intone the Sacred Word, breathing it forth gently. The first time see it affecting the mental vehicle, clearing it of the clutter of thought forms; sound it more loudly the second time, thereby stabilizing the emotional vehicle. And still louder intone for the final time, acting upon the physical vehicle. If the OM is effectively chanted the effects upon the three vehicles will be many and varied.

OM on Mental Level

- a. The contacting of the head center causing it to vibrate. The stilling of the Lower Mind.
- b. Linking up with the Ego to a more or less degree.
- c. The driving out of coarse particles and the building in of finer particles.

OM on Emotional Level

- a. The definite stabilization of the emotional body through the permanent atom, and the contacting and setting in motion of the Heart Center.
- b. The driving out of coarse matter, and the rendering of the emotional or desire body more colorless, so that it will be a truer reflector of the higher.

OM on Physical level

- a. Here the effect is very similar as with the Emotional Level, but the primary effect is on the etheric body. It stimulates the divine flow.
- b. It passes beyond the periphery of the body and creates a shell that serves as a protection. It drives away discordant factors in the environment. (Cleansing auric field.)

The above results are of course brought out fully when the Word is sounded with correctness. You will need to go through a trial and error period for a time before you feel comfortable with any particular tone or method of sounding the OM.

Stage III

Obligation

Proceed now as if you have blended with the Soul, salute the Hierarchy under the leadership of the Christ and repeat the following disciple's obligation:

"I solemnly pledge myself,

To play my part with stern resolve, with earnest aspiration; to look above, to help below; to dream not, nor to rest; to toil, to serve, to reap, to pray, to mount the cross, to tread the way.

To tread upon the work I do, to mount upon my slain self; to kill desire and to strive forgetting all reward, to forego peace, to forfeit rest and in the stress of pain, to lose myself and find my Self, thus intering into peace.

To all this I solemnly pledge myself, invoking my Higher Self."

Please take note, this pledge has much esoteric significance and will not be understood until the disciple has meditated upon the words mentally for sometime. Perhaps you will not care for the wording and if this is the case, choose a statement you might feel more comfortable with.

Stage IV

Visualization

a. Think of the etheric heart center located in region with the shoulder blades; do not concentrate on the physical position of the heart, and picture

this center as twelve-petalled golden lotus - closed.

b. Sound the OM silently and imagine the lotus slowly expanding and unfolding in response to that inner sound until the inner center is seen as a radiating whirlpool of blue electric light.

c. See or build within that center a picture of the "Master in the Heart." Build this thought form with great care, love and attention, realizing the Master as embodying your ideal of the higher consciousness, of all the virtues, and scintillating with all the colors and vivified by your love for Him. As you do this, you will be building in etheric, astral and mental matter.

Stage V

Meditation

Next, raise the Consciousness into the head to the Etheric Center between the eyebrows and then meditate on the following seed thought for an entire month. To raise the energy from the Heart to the Head Center, again mentally - silently - sound the OM and see and feel the Consciousness focused in the Head Center. Hold your attention at this center for at least 5-15 minutes, while concentrating on a seed thought. Be sure to use the same seed thought for an entire month before going to a different one.

SEED THOUGHTS:

The will of the Soul becomes my will. I know no other. That will is love and peace and power and strength to live. It bears me on. It leads me to the Cross and to the Resurrection. Thus only can I raise and lift my fellow man.

(Another choice)

I demand of the Soul that I, the Spirit in form, shall act as a channel of compassion and an instrument for love until I know myself

to be love itself. I am that love.

(Another choice)

I, if I be lifted up, will draw all men unto me. (John 12:32)

(Another choice)

I am one with the Omnipotence, Omnipresence, and Omniscient of
God.

You will find your focus on life will change to a much higher perspective
over a period of time, and greater understanding of these seed thoughts will
open to you.

Stage VI

Say the Great Invocation:

From the point of Light within the Mind of God
Let Light stream forth into the minds of men
Let Light descend on Earth.

From the point of Love within the Heart of God
Let Love stream forth into the hearts of men.
May Christ return to Earth.

From the Center where the Will of God is known
Let purpose guide the little wills of men,
The purpose which the Masters know and serve.

From the Center which we call the race of men
Let the plan of Love and Light work out
And may it seal the door where evil dwells.

Let Light and Love and Power restore the
Plan on Earth.

Stage VII

Closing

Close the meditation by again sounding the OM and imagine as you do
so that you are breathing forth energy through yourself, through your particular
group and then out into all the many groups who are studying and serving

all over the world, as they are doing their best to spread the word of the Christ and the imminence of the reappearance of the Christ. Do the sounding of the OM three times visualizing the above steps as you do so.

This meditation is one given by the Hierarchy Masters to disciples and servers in the world for their expression of Light into humanity.

Besides serving Hierarchy as a way to open channels of light into the world condition, it also helps the individual open to the Master of the Heart. This master can be an inner master who dwells on higher planes of life and serves as a focus for the meditating disciple to raise his consciousness from the lower world of the three lower chakras and raise awareness into the higher planes of life and the upper three chakras above the heart center. The Master of the Heart may also be an outer master or one who has a physical body and who helps the disciple as an outer and an inner focus. These masters help in giving the disciple and the students of wisdom understandings which help better focus the consciousness to higher levels and also will aid the individual with freeing oneself from karma; which separates the student from the Master and on a greater scale the student from God.

The statement concerning the meditation being given in order to open up channels of light through which hierarchial energies can better express into the daily life of the world is a very important statement. The Ascended Masters of Hierarchy are dealing with humankind and not individuals. Their main concern is the evolution of the Earth and its people. If you can play a role in that greater picture, then they will work to open you to that greater service. This is important to remember for as you are meditating to open to the Master of the Heart, you must be ever aware that it does affect more than just yourself and your development. True, from the individual standpoint this particular meditation does balance a person's auric field and harmonizes the lower vehicle so that the higher might better reflect and express through them. But also in the process of balancing and eventually expressing these higher life energies, all those around you are also affected. Remember the seed thought, "I, if I be lifted up, all men shall be drawn unto me." So even though this simple meditation may seem to influence the individual who is practicing it, in reality it affects all of humanity. This is why Hierarchy is willing to give this meditation and work with individuals at this level of

teaching, so as to aid them in their efforts to change the Evolution of All.

Now let us look more deeply at the step by step process of this meditation as it is outlined. We do this in order to answer some of the questions of why concerning the procedures for this particular meditation. You will find this will also apply to other forms of meditation practices and you should also be able to detect proper meditation techniques from less effective ones after viewing these following points. Remember, though, the true awareness of truth concerning any technique is in the practice and not in the study of the technique. So until you have practiced the meditation of the Haert and experienced its truth in your life, you have not experienced the knowledge of truth. For knowledge of truth is in the living of truth.

Let us first look at stages I and II to start our explanation. These are very important steps in the meditation as they are in any good meditation technique.

The first part of alignment must come with the spine. Here spinal alignment plays a major role in allowing the creative energies in the body to flow properly. This correct flow of the creative energies, called kundalini in the East, allows the body to heal and balance itself on all three levels of its lower nature, the physical, emotional and mental. This balancing, then, will allow these three vehicles to eventually be channels through which higher light can express.

In most of humanity today these creative energies or kundalini energies are focused in the lower three vortexes of the body. These vortexes or chakras are mainly concerned with the expression of these creative energies through the sexual and emotional expressions of the individual. The root, navel and solar plexus chakras create through their expression the awareness of lower self or carnal man. It is through these centers that most of humanity lives life and expresses self.

The root chakra is often called the mind of man for it is in this center that the lower self expresses its creativity and desires. In the human evolutionary process mankind, at one time, had the creative focus mostly in the upper three chakras. When this was so, the creative mind of man was focused in the head chakra centers and humanity created through thought. Now that this creative consciousness is focused in the lower three chakras, the creative mind is based in the root chakra and the process of creativity is through physical sexual expression rather than through mental creative thought.

It should be stated here that through the evolutionary process this creative process has been raised up in humanity from the root up to the solar plexus chakra which is the abdominal brain of man. Here the focus of creativity is through emotions and the expression of feelings.

The person who expresses mainly through the root brain is one who is often angered, jealous, envious, greedy, caught up in lust and the sensual pleasures of life and has a very difficult time concerning itself with anything but self. Often they create their own hell on Earth because of being caught up in these lower physical expressions. The person who is expressing mainly through the abdominal brain of the solar plexus chakra is one who is very caught up in emotions. Often they will get very involved in their own emotional concerns as well as the emotional stresses of others around them. These individuals are very busy leading the "normal life" of the "average person." The main focus is daily existence and getting caught up in the routine of life - that being eating, working, sleeping, playing and worrying.

There is yet one other brain center in humanity and that is the Head Center Brain. This is the brain of creative thought and the center for realization. The person who focuses and expresses from this level is known as a searcher of Light or God. This person is a thinker in the higher sense of the word, contemplating the truths of life and striving through understanding and

and conscious effort to balance the lower two brain centers.

This is where the Heart Chakra Center plays an important part in the process of focus and balance. The Heart Center is the Gateway to the Path of the Inner Garden. It is at the Heart Center that many of the lower aspects of human nature are changed to a higher focus of expression. For it is at this center that love begins to flow out into ones life and back out into the expression of self. It is love which begins to raise the lower vibrations of expression to the higher levels of being and it is ⁱⁿ the heart center that these transformations take place.

This is why the "Meditation of the Heart" is so important because through its practice you will begin to focus the radiant love essence of God in the Heart and throughout the different levels of your being.

In Stage III of this meditation exercise you make a statement of Obligation. This statement of obligation is a statement of ones inner desire and intent in searching for and finding the soul. For many the stating of this obligation can be difficult at first. The reason being that in the statement one is beginning the process of releasing the lower self to open to the higher self. In this process they begin to move away from the self centered idea that the world exists for them and their pleasures. The focus is moved outside of self and is placed on the greater self which lies in the realization that we are all expressions of God and all are one in that expression.

Though the statement seems quite self sacrificing and painful at first, the student will eventually realize that the statement of obligation is meant to help the conscious mind to focus upon and come to a clearer understanding of the goal of the meditation.

Through the process of repeating these words daily one will begin to realize that in order to obtain the goal of inner, higher awareness in God, the student must raise the focus from the self of the physical, emotional and mental natures and awaken to the greater self of the Soul and God within.

Through the practice of the meditation and the statement of obligation on a daily basis the student will find the greater meaning in these and the great joy which the statement opens you to.

Visualization is the next step and is Stage IV in this meditation technique. This process again is of great importance for it serves to open the door of imagination which plays a key role in the awakening of consciousness in the higher planes.

If you find it hard to visualize then think or feel your way through this process. Each of us deals with reality and in being aware of reality in different ways. Some will relate best through the visionary quality while others will deal more through intuition or feeling. Whatever the means by which you sense the reality of this process in the meditation, be aware that you are learning to use your creative imagination and that what you create here will truly become reality within the emotional, mental and etheric levels of your being. In this way you help to raise your focus higher into the soul realm as well as create a channel by which the Master of the Heart and the soul can begin to function through and within your being.

Realize that as you begin to develop in your imagination this image of the Master of the Heart, you are again learning how to use the creative energies on a higher level. You are raising the focus of your creative nature upward toward the God self and beginning the process of the Journey Home.

With the introduction of Stage V you might begin to wonder what has been happening up to this point if you are just starting the meditation process. In order to learn and practice proper meditation, you must first learn to focus the mind and attention. This focusing is also known as the Art of Concentration and is what Stages I-IV are helping to develop in the student. If you are unable to concentrate and focus the mind, how can you expect to enter into meditation or the going beyond mind. So the Master of the Heart Meditation is set up to help first focus the mind through concentration, so when you enter meditation,

it will be easier to release the world and self and enter the realm of Silence.

Even though meditation is referred to here as the realm of Silence, you will soon find it to be a very active and expanding state of being. The sense that you have entered the realm of Silence comes from the release of all the lower aspects of self as you enter into the higher self and a place of great peace in God. It is also important to realize that as you begin the meditation by raising your focus from the Heart Center to the Head Center, often referred to as the Eye of the Soul, that you are beginning to direct your attention now away from the lower physical self and into the Soul or God self.

Focusing the attention on a seed thought which is not centered around the self helps you also in releasing the lower self to the higher realms of your being. This type of focusing will help break through the barriers which often block us from our true goal while in meditation, that being soul awareness.

If you are just beginning to meditate, you might find 5-15 minutes will seem quite long to hold your attention on a seed thought. That is fine and quite normal, but as you practice this meditation daily and you become more acquainted with your inner self, begin to expand the time so you can enter into the meditation for 30-45 minutes or more. You will find that eventually, as you hold your attention on the seed thought that a greater understanding of its meaning will unfold.

You might also find yourself becoming aware of movement of energy and display of colors and sounds as you move closer to your own soul level.

Try not to get involved with these colors or sounds, just be aware of them and move on. There will be even more sounds and lights and colors as you expand your consciousness, so don't confine yourself to one small area

of your inner self. Always seek to go beyond the point at which you are. And ask that you move forward and higher into the pure white Light.

When you find your attention becoming aware again of the outer, begin to center yourself and once more focus on a seed thought for a time.

As you begin to move out of the center focus of your meditation and start to move back to the outer consciousness, begin to say the Great Invocation. This is Stage VI of this meditation technique, and serves as a link or channel from the inner consciousness to the outer.

With the Great Invocation, the student is helping to bring forth into the conscious mind much of the greater light experienced in the deeper consciousness of meditation, often experienced in an unconscious state. So here, the Great Invocation serves as a bridge between the inner and outer consciousness and allows the inner Light and Knowledge to flow out into the daily life routine. A call is made for the Light and Love of God to descend and manifest on Earth. As you call forth for this to manifest, you are opening yourself to be a channel of that manifestation and you are also awakening your consciousness to that greater service.

As you say the Great Invocation, be conscious of the words and awaken to their meaning in your life. Then, as you begin to see and feel and understand the true inner meaning, allow yourself to open more to the great flow of light and love that will be channeled through your consciousness.

Now, as you begin to stir toward outer consciousness, let the flow of the great Inner Light begin to flow through you. This is the closing exercise of the meditation and in Stage VII you have now called forth for this great Light and Love of God and have stated your wish to be a channel, so allow yourself to open to the great flow of Truth and as you do, again sound OM and focus the great Light out to all those who might be able to use this awareness and light for the greatest good of all.

There is yet another level to this meditation, and another awakening to the consciousness which can be achieved through proper focus and proper practice. After you have practiced this particular meditation for a time and have experienced its inner awakening and light, you will want to try to go beyond the level of being that this meditation has brought you to. The reason for this being that the OM and its current of sound awareness resides in the physical universe and is still limiting in its quality to carry you directly to the God within. The use of the OM in this meditation does help to raise a person above the normal physical, emotional and mental daily consciousness, but it does not really help one to go beyond the mental realm and into the Soul. This is because the level of the OM sound current is in the mental realm.

So, to go beyond the physical universe and its levels of awareness, you must begin using a vibration of the sound current which will carry you up higher, beyond the physical universe level and into the Soul and Spiritual realms. This can be done by changing your focus in the sound current from OM to HU. The HU current resides high above the OM current in the Soul and Spirit realms of the spiritual universe. By using the HU as a focus and a current on which to move upward, you can begin moving out of the physical universe and the physical self and move into the spiritual self. You can recite the HU either as one word, HU, or you can say it as two syllables as H...U... Either way, it will begin to draw your focus upward toward the God within and bring into a complete state of being in God's Light and Sound, rather than the separate state our physical consciousness has created for us.

You might choose to use just the HU meditation in the Heart Meditation or you might find the OM chant more comfortable at first. Whichever you

do, I am sure you will find the meditation most enlightening and uplifting.
Do remember that if you decide to use the OM chant first, it is important
that you eventually change over to the HU chant to continue your growth higher.